



Operations

FITNESS PROGRAM

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This instruction implements AFI 10-248/AFRCSUP1, *Fitness Program*. This instruction establishes procedures and outlines the procedures that govern the use of duty hours to accomplish fitness training for activated reservists and AGR personnel assigned or attached to the 910th Airlift Wing, Youngstown Air Reserve Station, Ohio.

1. PURPOSE: To create a wing-wide standard to ensure activated reservists and Active Guard Reserve (AGR) personnel are afforded duty time to accomplish physical fitness training. This instruction also applies to members on Military Personnel Action (MPA) days.

2. RESPONSIBILITIES: Commanders are responsible to ensure activated reservists and AGR members assigned or attached to the 910 AW are given the opportunity to participate in physical fitness training as a part of normal duty hours.

3. PROCEDURES :

3.1. All activated reservists and AGR personnel will be given the opportunity to exercise during regular duty hours up to 90 minutes a day, three to five times per week. This opportunity is subject to the supervisor's approval; however, no activated reservist or AGR member should be denied the opportunity unless absolutely warranted by mission demands or unavailability of proper facilities.

3.2. The individual member's workout routine should be one that prepares them to successfully accomplish the anaerobic portion of the fitness assessment (pushups and sit-ups) and the aerobic portion of the test (timed 1.5-mile run or three-mile walk).

3.3. Members are to remain on base to accomplish physical fitness training.

3.4. Safety must be an overarching concern throughout physical fitness training. Commanders must ensure a safe environment for training by assessing traffic patterns, temperature, availability of water and first aid, and awareness of emergency procedures.

3.5. The base Fire Department should be contacted at 9-1-1 for response to medical emergencies, using base phones. Dialing 9-1-1 from a cell phone will contact the local 9-1-1 Center; the caller must explain the emergency is on the Youngstown Air Reserve Station. Members will notify their Unit Fitness Program Managers (UFPM) as soon as possible after a medical injury related to Fit to Fight training or testing. UFPMs will immediately notify the base Reserve Medical Liaison Officer and the Wing Fitness Coordinator.

3.6. Commanders must ensure activated reservists and AGR members are aware of this opportunity for physical fitness training during duty hours and take full advantage of the program to increase their physical fitness.

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